



Schedule an Appointment

EAN offers appointments in person at our offices, virtually by a secure video platform or by phone.

Call or email our Intake Coordinator to decide on the location and type of appointment that works best for you.

Phone: 828-252-5725/800-454-1477

Email: ean@eannc.com

Online at: EANNC.com

Getting help shouldn't be hard

1. Contact EAN and provide some basic demographic information.
2. Set an appointment with an EAN Counselor, either in our office, virtually, or by telephone.
3. Talk with the counselor, develop a plan, and **start feeling better.**

Our Offices

EAN has offices in Asheville, Sylva, Waynesville, and Hendersonville. We also have counselors available throughout the United States.



Employee Assistance Network



Things will get better and **we're here to help.**

Everyone has personal challenges and problems sometimes. It's part of the human condition.

Fortunately, your employer understands that we all need help sometimes and has provided an Employee Assistance Program for you and your family members.

Under the EAP, you and your immediate family members have access to a counselor through EAN who will listen, understand, and help you develop a plan to move forward.

Our services are confidential and pre-paid by your employer. There is no cost to you or your family members to access the EAP benefit.

As part of your employer sponsored, comprehensive EAP benefit, you have access to practical, real-life help. The reasons why people access their EAP benefit vary, there is no problem too large or too small. Some of the common issues that EAN helps with include:

- **Financial pressure**
- **Stress and tension**
- **Relationship problems**
- **Family and parenting issues**
- **Problems at work**
- **Gambling and addiction**
- **Alcohol and drugs**
- **Sleep problems**
- **Personal growth and development**
- **Leadership coaching and development**
- **Communication skills development**
- **Improving and developing emotional intelligence**

EAN also offers resources through our website, including educational flyers and mini webinars that offer practical, real life self-help resources on common life challenges.

If your employer includes it in your comprehensive EAP benefit, you can also have access to some of the following resources:

My Life Expert Portal

Gives members access to thousands of up-to-date articles, videos, podcasts, calculators, interactive checklists, webinars, and more related to health and wellness, along with a discount portal on local and commonly used goods and services. Contact EAN to find out your company code and how to access your My Life Expert portal

Work/Life Balance Services

Provides direct access to a specialist who can help navigate some of life's most challenging hurdles including childcare, eldercare, college coaching, adoption, legal, and financial problems including identity theft. Contact EAN to see if you are eligible and to request these services.